

Raleigh Parks & Recreation Adult Tennis

Fall 2012



Adult Instruction

Adult Level 1

Age: 18yrs and up. No experience needed! Forehand + backhand groundstrokes, volleys, overhead, serve, scorekeeping and the rules. To graduate to level 2, players must be able to serve from the baseline, keep score + play a full court set. Fee: \$96 Weekday/ \$48 Sat

Millbrook Exchange Tennis Center

#130891 Aug 25-Oct 13 Sa 9:00-10:00am
#130873 Aug 27-Oct 15 M,W 10:00-11:00am
#130874 Aug 27-Oct 10 M,W 6:00-7:00pm
#130875 Aug 27-Oct 10 M,W 7:00-8:00pm
#130876 Aug 28-Oct 11 T,Th 11am-12:00pm
#130877 Aug 28-Oct 11 T,Th 7:00-8:00pm

Lake Lynn Community Center

#130893 Aug 25-Oct 06 Sa 9:00-10:00am
#130883 Aug 27-Oct 10 M,W 6:00-7:00pm

Kentwood Park

#130895 Aug 25-Oct 06 Sa 10:00-11:00am
#130885 Aug 27-Oct 10 M,W 6:00-7:00pm

Lions Park

#130897 Aug 25-Oct 13 Sa 10:00-11:00am
#130887 Aug 28-Oct 11 T,Th 6:00-7:00pm

Biltmore Hills Community Center

#130889 Aug 28-Oct 11 T,Th 5:30-6:30pm

Adult Level 2.0/2.5 Drills

Age: 18yrs and up. Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set or have an NTRP 2.0 or 2.5 rating. To pass, players must be at the 3.0 level. Fee: \$96 Weekday/\$48 Sat

Millbrook Exchange Tennis Center

#130912 Aug 25-Oct 13 Sa 10:00-11:00am
#130903 Aug 27-Oct 15 M,W 11am-12pm
#130914 Aug 28-Oct 11 T,Th 10:00-11:00am
#130904 Aug 28-Oct 10 M,W 6:00-7:00pm
#130905 Aug 28-Oct 11 T,Th 7:00-8:00pm

Lake Lynn Community Center

#130910 Aug 28-Oct 11 T,Th 6:00-7:00pm

Adult Level 3.0 Drills

Age: 18yrs and up. Must be at the NTRP 3.0 level or have full swing strokes during match play to enter this class. This drills class may include topspin, underspin + slice serving. To advance, players must be at the 3.5 level or be able to hit topspin+underspin and slice serves. Fee: \$96 Weekday/ \$48 Saturday

Millbrook Exchange Tennis Center

#130922 Aug 25-Oct 13 Sa 11am-12pm
#130920 Aug 27-Oct 10 M,W 7:00-8:00pm
#130921 Aug 28-Oct 11 T,Th 6:00-7:00pm

Lake Lynn Community Center

#130926 Aug 27-Oct 10 M,W 8:00-9:00pm

Adult Level 3.5 Drills

Age: 18yrs and up. Must be at the NTRP 3.5 level or able to hit topspin+underspin on ground-strokes, underspin volleys and slice serves. This is a class which will work on all of your strokes. To graduate, you must be 4.0 level. Fee: \$96 Weekday/ \$48 Sat

Millbrook Exchange Tennis Center

#130929 Aug 25-Oct 13 Sa 12:00-1:00pm
#130928 Aug 28-Oct 11 T,Th 6:00-7:00pm

Adult Level 4.0/4.5 Drills

Age: 18yrs and up. Must be at the 4.0 level or higher or able to hit topspin and underspin during matches. This is a drills class which has less instruction and more drilling. We don't work on your technique; we drill you to get your legs and heart pumping. Bring your water bottle and get ready to run. Fee: \$96

Millbrook Exchange Tennis Center

#130935 Aug 27-Oct 10 M,W 7:00-8:00pm

Adult Cardio – All Levels

Age: 18yrs and up. Cardio Tennis is a fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Taught by a teaching professional, Cardio Tennis includes a warm-up, cardio workout, and cool down phases. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis. Policy change - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. The fee is still based on a 6 week class. Millbrook Exchange Tennis Center: Class Fee: \$48

#130943 Aug 28-Oct 09 T 9:00-10:00am
#130944 Aug 30-Oct 11 Th 9:00-10:00am
#130945 Aug 31-Oct 12 F 9:00-10:00am

Adult Competition

Singles Ladder

Age: 18yrs and up. Recreational singles ladder play for all levels. Participants play challenge matches for points. Players may join the ladder anytime. Ladder rankings will be updated online each Monday. Players arrange their own match time and location. **Millbrook Tennis Center.** Course Fee: \$24 Aug 27-Nov 5

#125475 Women's 2.5	#125470 Men's 3.0
#125476 Women's 3.0	#125471 Men's 3.5
#125477 Women's 3.5	#125472 Men's 4.0
#125478 Women's 4.0/4.5	#125473 Men's 4.5
#125474 Coed Open	

Doubles Ladder

Age: 18yrs and up. Recreational Doubles ladder. Players arrange their own match time and location. The ladder finishes with a season ending tournament for the top 16 players. **Millbrook Tennis Center.** Course Fee: \$24 Nov 19-Feb 04

#130835 Women's 3.5 Doubles
#130836 Women's 4.0 Doubles

Women's Morning Quadrants

Age: 18yrs and up. All matches are at Millbrook Exchange Tennis Center. Each week there will be 8 courts or more of doubles matches. A player will play a total of 24 games in a round robin format—8 games with each of the 3 other players as a partner. The results will be used to adjust positions for the following week. The player with the most games won will move up and the player with the fewest will move down a quad. All players are responsible for being present or having a substitute present. New balls will be provided each week. **Millbrook Tennis Center.** Class Fee: \$40

#125848 Aug 29-Nov 7 W 9:30-11:30am
#130937 Nov 14-Feb 27 W 10:00am-12:00pm

Free Play for Seniors

Age: 55yrs and up. Free organized play for senior tennis players at Millbrook Exchange Tennis Center. Held throughout the year, this is a drop-in mixer with all levels of play. Simply show up and play. **Millbrook Exchange Tennis Center.** Free

RATL Fall Mixed Doubles League

Age: 18yrs and up. This is an NTRP level league for mixed doubles teams weekday evenings at 6:45pm. Team matches consist of three mixed doubles matches. Park, club and subdivision teams play one match a week on the same day each week. Teams must sign up in person or by mail. Team Fee: \$75, Sep 04-Nov 06

#130939 #130940

New Policy Changes - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups.

The fee is still based on a 6 week class.

For more information about Raleigh Parks and Recreation Tennis, please call 919-872-4129.

Raleigh Parks & Recreation Junior Tennis

Fall 2012



Junior Instruction

Tennis Jr. Tiny Tots

Age: 4-6yrs. Eye-hand coordination games + fine motor skills are the focus of this fun intro class.
Class Fee: \$48 Weekday/ \$24 Sat.

Millbrook Exchange Tennis Center

#130748 Aug 25-Oct 13 Sa 11:00-11:30am
#130749 Aug 25-Oct 13 Sa 11:30am-12pm
#130745 Aug 27-Oct 10 M,W 4:00-4:30pm
#130746 Aug 27-Oct 10 M,W 4:30-5:30pm
#130747 Aug 28-Oct 11 T,Th 5:00-5:30pm

Lake Lynn Community Center

#130755 Aug 27-Oct 10 M,W 5:30-6:00pm
#130756 Aug 28-Oct 11 T,Th 4:30-5:00pm

Tennis Jr. Level 1

Age: 6-18yrs. No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set.
Class Fee: \$96 Weekday/ \$48 Saturday

Millbrook Exchange Tennis Center

#130793 Aug 25-Oct 13 Sa 9:00-10:00am
#130794 Aug 25-Oct 13 Sa 10:00-11:00am
#130795 Aug 25-Oct 13 Sa 11:00am-12pm
#130771 Aug 27-Oct 10 M,W 4:00-5:00pm
#130772 Aug 27-Oct 10 M,W 5:00-6:00pm
#130773 Aug 27-Oct 10 M,W 6:00-7:00pm
#130774 Aug 28-Oct 11 T,Th 4:00-5:00pm
#130775 Aug 28-Oct 11 T,Th 5:00-6:00pm
#130776 Aug 28-Oct 11 T,Th 6:00-7:00pm

Lake Lynn Community Center

#130798 Aug 25-Oct 06 Sa 10-11:00am
#130799 Aug 25-Oct 06 Sa 11am-12pm
#130783 Aug 27-Oct 10 M,W 4:30-5:30pm
#130784 Aug 28-Oct 11 T,Th 5:00-6:00pm

Biltmore Hills Community Center

#130791 Aug 28-Oct 11 T,Th 4:30-5:30pm

Kentwood Park

#130802 Aug 25-Oct 06 Sa 9:00-10:00am
#130787 Aug 27-Oct 10 M,W 5:00-6:00pm

Lions Park

#130804 Aug 25-Oct 13 Sa 9:00-10:00am
#130789 Aug 28-Oct 11 T,Th 5:00-6:00pm

Tennis Jr. Level 2

Age: 8-18yrs. Requirements: Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full swing forehand, backhand, full swing serve, overhead, and good volley techniques while playing points. To pass, players must successfully demonstrate these techniques while playing a match.

Fee: \$96 Weekday/ \$48 Saturday

Millbrook Exchange Tennis Center

#130821 Aug 25-Oct 13 Sa 9:00-10:00am
#130822 Aug 25-Oct 13 Sa 10:00-11:00am
#130811 Aug 27-Oct 10 M,W 4:00-5:00pm
#130812 Aug 27-Oct 10 M,W 5:00-6:00pm
#130813 Aug 28-Oct 11 T,Th 4:00-5:00pm
#130814 Aug 28-Oct 11 T,Th 5:00-6:00pm

Lake Lynn Community Center

#130819 Aug 28-Oct 11 T,Th 4:00-5:00pm

Tennis Jr. Level 3

Age: 10-18yrs. Requirements: Must use full swing on all strokes during match play to enter this class. This class focuses on topspin and underspin for all strokes and the slice on the serve. To advance to level 4, players must be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve.

Class Fee: \$96 Weekday/ \$48 Saturday

Millbrook Exchange Tennis Center

#130829 Aug 25-Oct 13 Sa 11:00am-12pm
#130825 Aug 27-Oct 10 M,W 5:00-6:00pm
#130826 Aug 28-Oct 11 T,Th 4:00-5:00pm

Tennis Jr. Level 4

Age: 12-18yrs. Requirements: Must be able to hit topspin and underspin on both groundstrokes, underspin volleys and slice serves. This class will work on hitting all the above mentioned spins during match play. To graduate from this class, matches must be played using these shots.

Class Fee: \$96/\$48

Millbrook Exchange Tennis Center

#130833 Aug 28-Oct 13 Sa 12:00-1:00pm
#130831 Aug 28-Oct 11 T,Th 5:00-6:00pm

Junior Competition

USTA Jr. Team Tennis

Age: 11-12yrs. Come to try outs Tuesday or Wednesday August 21 or 22 at 4:30pm at Millbrook Exchange Tennis Center to be placed on a team. 8U/10U practices are Friday 5-6:30pm and matches are Sat 9-10:30am, 12U/14U/18U practices run once a week after school and matches are on Saturday mornings at 10:30am, 12pm or 1:30pm. Matches start September 15 and the end of season tournament is November 2-4. Players must also pay USTA annual membership(\$20) + local league fee (\$10). Fees include a team shirt, Smash Tennis Magazine, access to tournaments + a first time tournament fee voucher. Age is based on November 4, 2012. **Millbrook Tennis Center**—Course Fee: \$60

#130858	8U Beginner	#130864	12U Silver
#130859	8U Intermediate	#130865	14U Bronze
#130860	10U Beginner	#130870	14U Silver
#130861	10U Intermediate	#130866	18U Silver
#130862	10U Advanced	#130867	18U Gold
#130863	12U Bronze	#130868	18U Top 80

Tennis Jr. Tournament Team

Age: 8-18yrs. This group will workout and train for tournaments with the intention of establishing or improving their state ranking. Players will be encouraged to do additional training on their own with other team members and to attend USTA/ North Carolina Level 5 Futures tournaments.

Lake Lynn. Class Fee: \$144

#130871 Aug 28-Oct 11 T,Th 7:00-8:30pm



Tennis Jr. 8U Intermediate

Age: 6-8yrs who have played matches and are ready for more advanced drills. Fee: \$96

Millbrook Exchange Tennis Center

#130846 Aug 27-Oct 10 M,W 4:00-5:00pm
#130847 Aug 27-Oct 10 M,W 6:00-7:00pm
#130848 Aug 28-Oct 11 T,Th 5:00-6:00pm

Tennis Jr. 10U Intermediate

Age: 8-10yrs who have played matches and are ready for more advanced drills. Fee: \$96

Millbrook Exchange Tennis Center

#130852 Aug 27-Oct 10 M,W 5:00-6:00pm
#130853 Aug 28-Oct 11 T,Th 4:00-5:00pm
#130854 Aug 28-Oct 11 T,Th 6:00-7:00pm

To check for weather related cancelations, visit www.raleightennis.com. Click "City Programs"
For more information about Raleigh Parks and Recreation Tennis, please call 919-872-4129.